

# Skateboard Clinic Schedule 2009



Just as every child is unique, so each child has their own level of skill when it comes to skateboarding. At skateboard clinic, we understand this and work with each child at their own level to help them become more confident and improve their skating. Therefore, the schedule below will remain flexible according to different clinic sessions and the children's levels of ability.

8:30 – 8:50	Sign-in/pyramid meeting and warm-ups
8:50 – 9:10	Bowl time: pumping, drop-ins, kick turns, fakies and etc.
9:10 – 9:30	Proper pushing/riding stance, rolling and rolling off manuals, nose manuals, rolling backwards
9:30 – 9:50	Turns on all banks and ramps, front side/backside. Get higher and higher, faster and steeper
9:50 – 10:10	Advanced moves: Ollie's, board slides, grinds, boneless half cabs, 4-wheel slides.
10:10 – 10:30	Continue with advanced moves.
10:30 – 10:40	Snack, water and sunscreen break
10:40 – 10:50	Group Time #1/demo time #2
10:50 – 11:30	Rip it on your own with help from any counselor or junior counselor.

register online